



Enhanced Triple P

What is Enhanced Triple P?

Enhanced Triple P is delivered to parents who have been referred by their Level 4 Triple P Provider. Enhanced Triple P consists of four different modules delivered to families in three to ten individualized consultations. The modules address family factors that may impact upon, and complicate the task of parenting (e.g., parental mood, partner conflict).

Who is it for?

Parents who benefit from Enhanced Triple P are those who present with family issues such as stress, poor coping, partner conflict or mental health issues. They have usually completed a Level 4 program and require extra support to make or maintain changes in parenting. They need to be able to commit to three to ten sessions depending on their indicated needs.

What is covered in sessions with parents?

Session 1: Review Session. During this session the practitioner will conduct a progress review and intake interview, provide feedback of the results to the parent, and negotiate a treatment plan.

Module 1: Practice sessions (up to three 40-60 minute sessions). These sessions are preferably conducted in the family's home or a community setting. They provide the parent with opportunities to practice and receive personalized feedback on how they apply skills introduced in Level 4 Triple P.

Module 2: Coping skills (up to three 60-90 minute sessions). During these sessions the parent learns a range of cognitive and behavioral strategies to manage mood and to cope with everyday stress. They learn how emotions work, relaxation techniques, how to monitor thoughts, challenge unhelpful or irrational thoughts, and develop coping plans.

Module 3: Partner support (up to three 60-90 minute sessions). During these sessions parents learn a variety of positive communication, problem solving, and conflict resolution skills to enhance their teamwork as parenting partners.

Module 4: Maintenance and closure sessions. Parents practice all skills in this session with minimal support and are introduced to ideas to maintain changes. They review their progress through the program and set goals for the future.

What resources do parents receive?

Each family receives a copy of the relevant Every Parent's Supplementary Module Workbook. There are four parent workbooks in total, one for each module.

Triple P – Positive Parenting Program®



How much time is needed to deliver the intervention?

In addition to each session, the practitioner should allow time for reviewing satisfaction questionnaires, and preparing for the session and/or supervision. Please see the table below for an approximate delivery guideline time.

Course	Face to Face Consultation or Group Session Time	Questionnaire Scoring and Feedback - Pre and Post Assessment**	Telephone Support or Home Visit	Session Preparation and Post-Session Debrief/Supervision	Case notes and Report Writing***	Total Time
Enhanced Triple P*	8-11 hours (30 minutes per family for 4 sessions)	1 hour	n/a	2 hours	1 hour	12-15 hours per family

*Based on an average of 2 modules completed per family in addition to Level 4 programs

**An additional 2-3 minutes per family should be allowed for reviewing the Client Satisfaction Questionnaire (CSQ).

***Not including comprehensive reports for government agencies.

What is involved in provider training?

To provide Enhanced Triple P to families, practitioners must have completed an active-skills training program and demonstrated their knowledge and competence in program delivery through a skills-based accreditation process. The table below provides an estimate of the time commitment for practitioners to attend training and support days, as well as time needed for preparation and peer support.

Course	Number of Training Days (9.00am - 4.30pm)	Pre-Accreditation Day (9.00am - 4.30pm)	Preparation Time for Accreditation Day	Accreditation Day	Peer Support	Total Time
Enhanced Triple P*	2 days	n/a	4-6 hours (quiz and competency preparation)	Half day	n/a (combined with Level 4 Course)	3½ days

*Practitioner must have previously attended Level 4 Triple P Course.

What resources do practitioners receive?

Each practitioner will receive a copy of the following Triple P practitioner resources at training:

- Practitioner's Kit for Enhanced Triple P (includes Practitioner's Manual and Every Parent's Supplementary Workbooks);
- Supporting your Partner [DVD]; and
- Coping with Stress [DVD].